

Full Report (All Nutrients) 45110024, CHILI'S, CHICKEN TAMALES WITH RICE, UPC: 717854470193

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Bellisio Foods Inc

Nutrient	Unit	Data points	Std. Error	284.0 g 284g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	571	201
Protein	g	--	--	17.01	5.99
Total lipid (fat)	g	--	--	29.00	10.21
Carbohydrate, by difference	g	--	--	61.00	21.48
Fiber, total dietary	g	--	--	4.0	1.4
Sugars, total	g	--	--	4.00	1.41
Minerals					
Calcium, Ca	mg	--	--	250	88
Iron, Fe	mg	--	--	1.45	0.51
Sodium, Na	mg	--	--	1360	479
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	21.0	7.4
Vitamin A, IU	IU	--	--	500	176
Lipids					
Fatty acids, total saturated	g	--	--	10.991	3.870
Fatty acids, total trans	g	--	--	0.511	0.180
Cholesterol	mg	--	--	45	16

Amino Acids

Other

Ingredients
COOKED LONG GRAIN RICE, WATER, DOUGH MIX (WHITE CORN FLOUR, BLEACHED WHEAT FLOUR, PALM OIL, YELLOW CORN MEAL, DEXTROSE, SALT, LEAVENING [SODIUM ACID PYROPHOAPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], MODIFIED CORN STARCH, SPICE, TURMERIC EXTRACT [COLOR], NONFAT DRY MILK, DRIED WHOLE EGG), HALF AND HALF (MILK, CREAM), PASTEURIZED PROCESS MONTERY JACK CHEESE (CULTURED MILK, WATER, MILKFAT, SKIM MILK, SODIUM PHOSPHATES, SALT, ENZYMES), COOKED SHERDDED CHICKEN (CHICKEN, CHICKEN BROTH, MODIFIED FOOD STARCH, SALT, SODIUM PHOSHATE), CANOLA OIL, BELL PEPPERS, FIRE ROASTED POBLAND PEPPER PUREE (POBLANO PEPPERS,

WATER, CITRIC ACID), CORN BLACK CHEESE (WITH WATER), LESS THAN 2% OF MOZZARELLA CHEESE (PASTURIZED MILK., CHEESE CULTURE, SALT ENZYMES), CHICKEN BROTH, SEASONING (DRIED ONION, SPICES, YEAST EXTRACT, SALT, DRIED GARLIC, CITRIC ACID, NATURAL FLAVOR), JALAPENO PEPPERS (WITH WATER, VINEGAR AND SALT), GREAT NORTHERN BEANS (WITH WATER), MODIFIED FOOD STARCH, JALAPENO PEPPERS, CILANTRO, SALT, CELLULOSE, UNSALTED BUTTER (CREAM, NATURAL FLAVOR), SPICES, THICKENER (WHEAT FLOUR METHYCELLULOSE, SODIUM ALGINATE, SODIUM TRIPOLYPHOSPHATE), GARLIC PUREE (GARLIC, WATER, CITRIC ACID), XANTHAN GUM, VITAL WHEAT GLUTEN, GRANULATED ONION, PARLEY FLAKES. *Date Last Updated by Company: 05/18/2016*